

**CLASS XI (SCIENCE)****SUBJECT – PHYSICAL EDUCATION (048)**

| <b>MONTH</b>     | <b>CHAPTER</b>   | <b>ACTIVITY/ASSIGNMENT</b>  |
|------------------|--|---|
| <b>MAY-JUNE</b>  | 1. Changing Trends And Career in Physical Education                                  | <ul style="list-style-type: none"><li>• Questions/Answers</li><li>• Compiling tournament fixtures</li></ul> |
| <b>JULY</b>      | 2. Olympic Value Education<br>3. Physical Fitness, Wellness And Lifestyle            | <ul style="list-style-type: none"><li>• Questions/Answers</li></ul>   |
| <b>AUGUST</b>    | 4. Physical Education and sports for CWSN<br>5. Yoga                                 | <ul style="list-style-type: none"><li>• Questions/Answers</li></ul>   |
| <b>SEPTEMBER</b> | <b>REVISION/HALF-YEARLY</b>  | Sample Papers   |
| <b>OCTOBER</b>   | 6. Physical Activity And Leadership Training<br>7. Test , Measurement And Evaluation | <ul style="list-style-type: none"><li>• Questions/Answers</li></ul>   |
| <b>NOVEMBER</b>  | 8. Fundamentals of Anatomy, Physiology And Kinesiology In Sports                     | <ul style="list-style-type: none"><li>• Questions/Answers</li></ul>   |
| <b>DECEMBER</b>  | 9. Psychology And Sports   | <ul style="list-style-type: none"><li>• Questions/Answers</li></ul>   |
| <b>JANUARY</b>   | 10. Training and Doping In Sports.   | <ul style="list-style-type: none"><li>• Questions/Answers</li></ul>   |
| <b>FEBRUARY</b>  | <b>REVISION</b>  |   |